

... Let's Go

By LARRY MACARAY

By DAVID MacCARAY
Every afternoon at one o'clock Mahesh Yogi is scheduled to conduct a press conference under the huge multi-colored tent outside the ashram for the benefit of those people not permitted inside Shankaracharya. Since this included nearly everyone in Rishikesh it was assumed there would be a thrashing crowd on hand. Surprisingly, at the three press conferences I attended, there were never more than a hundred and fifty people in attendance. I arrived at the tent at about twelve the day after Holi, having spent the night reacting to my cholera shot. Even though it was early, things were already happening. There was a rumor circulating that Donovan and Mike Love, the "Beachboy," would be coming out of the ashram at 3:30 p.m. to play the guitar and sing.

AS THE WORD spread, we all became more excited, more eager, until, within minutes, the entire tent seemed to be throbbing in anticipation. This was rather curious since most of the early arrivals were Indians, who had never heard of Donovan much less, Mike Love, the "Beachboy."
An interesting aspect of Rishikesh was its capacity for nourishing rumors. For some reason, probably owing to the secrecy and intrigue surrounding Shankaracharya, rumors seem to flourish there, as nowhere else: inventive people manufactured them faster than they could be conveyed. Though rumors were reacted to immediately, with tense, sometimes frenzied concern, none of them seemed to be able to endure very long: most of them petering out within a day or two.

DURING HOLI, rumors were circulating to the effect that Mahesh Yogi took LSD; that Dick Van Dyke was coming to Shankaracharya; that Mia Farrow was flying back to the States to join the Peace Corps (I started that one); that Mahesh was a black-marketeer and rascal.
Occasionally, two rumors would cancel-out one another, and there would be a momentary lull in the action.
At twelve-thirty, having roamed around the tent looking for famous people and found none, I went out for a cup of tea and three saris.

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at the temporary tea-stall behind the tent.

IN FOUR DAYS of running around Rishikesh, I was to see only one Sadarjii. He was operating the tea-stall. Inside, there were two fellows at a side table, drinking Cokes. One was wearing shoulder-length hair, beads, and a dhoti; and the other, blonde spit-curls, reminiscent of Harpo Marx, pastel pajamas and kurta. Sensing that they were Californian, I asked if I might join them. It turned out that one was from Palo Alto, the other a surfer, from Pismo Beach; and both were now living at the Mukhti Dham, a ten-minute walk from Mahesh's place. Frank Burkhill had mentioned Mukht Dram Ashram, saying that people in Rishikesh referred to it as the "Farm," because they thought those boys were growing opium there.

Both fellows had completed the three-day initiation in Transcendental Meditation (or TM, the initials used in so much of Mahesh's literature, sold at the promotional office near the tent), at Shankaracharya, and were now practicing meditation exercises at Mukht Dham.
Over a cup of tea, they explained something of the methods and fundamental aims of Transcendental Meditation. The course in TM, as I understand it, consists, initially, of each prospective student being assigned to one of Mahesh's aides at Shankaracharya. The aide functions as a counselor.

THE COUNSELOR interviews the prospective student, and, on the basis of the interview, gives each, individually and secretly, a mantram (a holy word, or prayer—e.g. Om, Jai Ram) on which he is to meditate. The "meditatee" is instructed to spend that time each day which is comfortable thinking of the mantra, and to think it to the exclusion of all else.

The only precedential guidelines given by the counselor at the outset is the advice not to force anything by staying relaxed and comfortable.
If the mind wanders off the mantra, the meditatee should "deal with" those random thoughts—think them out—then resume thinking of the mantra. The exercise must be recognized as thinking, not concentration or scrutiny. The aim of the exercise is for the mind to naturally "transcend" the level of thinking a singular thought to the level of thinking no thoughts; thinking of nothing. The mind is supposed to reach this level by natural inclination, as it feels more comfortable or natural at this level. No conscious effort need be made, as it reaches it automatically.



MEDITATION CENTER... Shown here is the front of the Gita Bhavan near the ashram of the famous Maharishi Mahesh Yogi. David Macaray, son of Press-Herald columnist Larry Macaray, describes a visit to the ashrams along the Ganges in India where he is serving as a Peace Corps volunteer. David draws attention to the sacred cows in the picture above and to the many other centers of worship and meditation discernible across the Ganges.

Liberty Bell Replica Will Be Unveiled

The unveiling of a full-size replica of the Philadelphia Liberty Bell, a Joint Armed Services Color Guard and an old-fashioned July 4th picnic will be three of the features of an Independence Day celebration open to the public at Liberty Park.

The celebration will be sponsored by the Liberty Park Advisory Council, overseeing items of Americana that go into the park area at Beneficial Plaza, 3700 Wilshire Blvd., in mid-Los Angeles. The Council includes Los Angeles Mayor Sam Yorty, U.S. Congressman Alphonzo Bell Jr., and Los Angeles County Supervisors Kenneth Hahn and Ernest E. Debs.

Ceremonies will take place from 11 a.m. to 12 noon. The public is invited to participate and bring basket lunches to join in the picnic festivities following the formal unveiling ceremonies.

Marine Band Performs at Two Schools

Members of the Third Marine Aircraft Wing Band from El Toro Marine Base recently presented patriotic concerts at Carr Elementary School and Casimir Elementary School.

Highlighting the program at Casimir was presentation of a flag which had flown over the nation's capital by Assemblyman Larry Townsend to Carol Heintz, student body president.

Introductory comments were offered by Mayor Albert Isen, Dr. J. H. Hull, superintendent of schools; and Mrs. Jack Davitian, president of the Casimir PTA.

College To Fete Hileman

Dr. Jack C. Hileman, El Camino College chemistry instructor, has been named the outstanding alumni for 1968 by Ventura College.

Hileman was selected by the faculty members of the college and Ventura citizens.

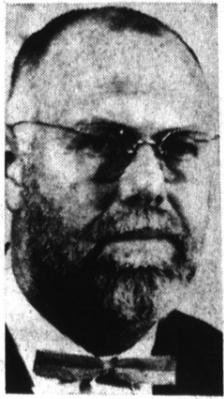
While at Ventura College Hileman served as commissioner of finance, played football and was president of the All-County Student Body Officers Association. Hileman graduated from Ventura College with an associate in arts degree in 1940.

SINCE LEAVING Ventura College, Hileman has attended the University of California

including "Chemical Education in Nepal," "High Frequency Titrations in Liquid Ammonia" and "Laboratory Manual for General Applied Chemistry." Hileman is a member of the American Chemical Society, National Education Association, Phi Lambda Upsilon, Phi Kappa Phi, Phi Delta Kappa, and Alpha Chi Sigma.

Dr. Hileman was awarded a National Science Foundation fellowship to attend UCLA where he combined two elements never combined before (Technetium-Carbonyl). He earned his Ph.D. in inorganic chemistry at the University of the Pacific and attended Reed College on an eight-week inorganic chemistry program.

The author of many articles on various phases of his work,



DR. JACK C. HILEMAN

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